DOCUMENT RESUME

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TITLE	Taking Charge of Me: Emotional IQ. [Videotape with Teacher's Guide].
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NOTE	0p.; Videotape not available from ERIC.
AVAILABLE FROM	Sunburst Communications, 101 Castleton Street, Pleasantville, NY 10570-3498; Tel: 800-431-1934 (Toll Free); 914-747-3310; Fax: 914-747-4109; e-mail: service@nysunburst.com; World Wide Web: http://www.sunburst.com; ($99.95, plus $10 shipping and handling; California and New York residents must add sales tax).
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ABSTRACT

Emotional skills are an important prerequisite to academic success and to peer relationships. Noting that emotional competence can be taught and internalized by students, and that middle school students are at a developmental crossroads at which such learning might be critical, this videotape and teaching guide comprise a program for helping students understand the nature of emotional intelligence. The program provides opportunities for students to increase their emotional IQ and broaden the scope and depth of their social development by using the new social skills. Following an introduction reviewing the concept of emotional intelligence and learning objectives, the teaching guide summarizes the program video and presents questions for discussion after viewing the video. Suggested activities and role play guidelines are then detailed, followed by teacher and student versions of an Emotional IQ Quiz. An 18-item bibliography and a script of the video conclude the teaching guide. The 26-minute video follows a group of middle schoolers as they encounter a series of difficult, frustrating situations and learn to handle them through a repertory of emotionally healthy responses. The video: (1) shows how self-awareness helps in managing anger and impulsive behavior; (2) emphasizes the value of maintaining a positive outlook and being persistent; (3) examines the importance of and techniques for working cooperatively with others; and (4) offers tips for handling social anxiety. (HTH)

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